

# WRIGHT FOUNDATION

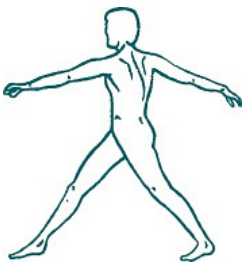
## LEVEL 4 CHRONIC LOWER BACK PAIN

### Advances in Exercise Referral Training

SUCCEED



EXCEL



FLOURISH



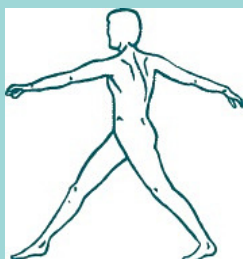
# WRIGHT FOUNDATION

## LEVEL 4 CHRONIC LOWER BACK PAIN

### SUCCEED



### EXCEL



### FLOURISH



### The aim of the Chronic Lower Back Pain course

**“The world can have no boundaries in the quest for medical and rehabilitative answers and knowledge of Chronic Lower Back Pain. Using the latest research and working together worldwide, we can achieve continuing advancement for all.”**

- Written, embracing research findings from the UK, Europe and the USA. This gold standard course is written with input from leading researchers, consultants, exercise and sport medicine specialists, sports scientists and fitness professionals from the WRIGHT Foundation.
- This is a unique course, endorsed for accuracy and content by leading specialists from the UK, Europe and the USA. It is also independently endorsed by PD Approval.
- As is expected from the WRIGHT Foundation, client safety and wellbeing has been paramount in the compilation of this course. Practical experience and research into the UK, European, USA systems have ensured this is the gold standard for Chronic Lower Back Pain.

# Level 4 Chronic Lower Back Pain qualification



This is a 3 day course delivered at venues across the UK and Internationally by experienced University lecturers and boasting the most comprehensive syllabus.

The course is divided between theoretical knowledge and practical skill development to equip the exercise professional with all the key information and experience to be confident in working with clients in the context of Chronic Lower Back Pain in various settings

The course is independently endorsed by PD Approval and recognised by the Register of Exercise Professionals, contributing to 20 REPs CPD points.



PD:Approval  
Endorsed

## Learning outcomes and objectives

The course boasts a comprehensive syllabus for those seeking to advance their knowledge of exercise and Chronic Lower Back Pain, including (see right):

- Aetiology & prevalence
- Review of spine anatomy
- Programme specifics e.g. cat camel, curl ups, side bridge, swiss ball
- Psychological considerations
- Yellow flags
- Transtheoretical Model of Behavioural Change
- Major methods in self-directed behaviour change
- Barriers to exercise behaviour
- Themes in understanding barriers to exercise
- Consistently reported barriers to supervised programmes of exercise
- Maintaining behaviour change: the problem of adherence
- Goal setting approaches
- Reinforcement approaches
- Decision making approaches
- Relapse prevention approaches
- Stimulus control approaches
- Social support in exercise promotion
- Physiological considerations
- Red flags
- Exercise prescription for back pain
- The referral form
- WHO's pain relief ladder
- Post intervention activity guide
- Conditions of the spine
- The Roland-Morris Disability Questionnaire

# Level 4 Chronic Lower Back Pain qualification

## Candidate pre-requisites

- Leisure experience - as appropriate to relevant qualifications held
- Outgoing, friendly, motivational personality
- Natural aptitude to organisation
- An understanding of exercise and fitness theory
- A relevant fitness qualification\*

*\*Should students wish to gain REPs accreditation, they must hold the relevant gym based pre-requisites: e.g. Level 2 Fitness Instructor OR Level 3 Personal Trainer AND WRIGHT Foundation Exercise Referral Certificate or other REPs endorsed Exercise Referral qualification.*

## Further info.

- Current price £495 (no VAT)
- Course includes: Pre-reading list, course manual and all assessments\*
- Advisory service available through our 'Excellence in Practice' award
- All courses delivered by our University standard lecturers

*\* Multi-choice exam relating to Pre-Course reading on Day 1 of the course*

*\* Worksheet based on a theoretical client case study - to be completed as homework on Day 2*

*\* Observed practical assessment - Day 3*

*\* A written case study to be completed following the course*



**For an application and for all current course dates click on the website link below:**

[www.wrightfoundation.com](http://www.wrightfoundation.com)

**To speak to someone about this, our Level 3 Exercise Referral or Level 4 Specialist courses call:**

**01382 451188**

**Or email:**

[info@wrightfoundation.com](mailto:info@wrightfoundation.com)



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